



Week 1 Week 2 Week 7 Week 3 Week 4 Week 5 Week 6 Week 8



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8-9 miles.	Rest day.	1x 1200M PI (400)	4 miles.	2x 2miles PI (800)	Rest day.	4 miles.
Long distance run at a		2x 800M CI (200)	Long distance run at a	4x 100M strides.		Long distance run at a
conversational pace.		4x 200M SI (200)	conversational pace.			conversational pace.

Notes:	



Week 8

Week 1 Week 2 Week 3 Week 7 Week 4 Week 5 Week 6

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8-9 miles.	Rest day.	1x 1200M PI (400)	4 miles.	2x 2miles PI (800)	Rest day.	4 miles.
Long distance run at a		2x 800M CI (200)	Long distance run at a	4x 100M strides.		Long distance run at a
conversational pace.		4x 200M SI (200)	conversational pace.			conversational pace.

Notes:	



Week 3 Week 1 Week 2 Week 4 Week 6 Week 7 Week 5 Week 8

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
6 miles.	Rest day.	1x 1200M PI (400)	2 miles.	3 mile.	Rest day.	5K race.
Long distance run at a		2x 800M CI (200)	Long distance run at a	Long distance run at a		Long distance run at a
conversational pace.		4x 200M SI (200)	conversational pace.	conversational pace.		conversational pace.
		Repeat.		4x 100M strides.		

Notes:	



Week 1 Week 2 Week 3 Week 4 Week 5 Week 7 Week 6 Week 8

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles.	Rest day.	2x 1 mile CI (800)	3-4 miles.	4 mile PI (800)	Rest day.	5 miles.
Long distance run at a		6x 200M SI (200)	Long distance run at a	1 mile CI		Long distance run at a
conversational pace.			conversational pace.	6x 100M strides.		conversational pace.

Notes:	



Week 1 Week 2 Week 3 Week4 Week 5 Week 6 Week 7 Week 8

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
11 miles.	Rest day.	2x 1 mile CI (800)	3-4 miles.	4 mile PI (800)	Rest day.	5 miles.
Long distance run at a		6x 200M SI (200)	Long distance run at a	1 mile CI		Long distance run at a
conversational pace.			conversational pace.	6x 100M strides.		conversational pace.

Notes:	



Week 1 Week 2 Week 6 Week 7 Week 3 Week4 Week 5 Week 8

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles.	Rest day.	2x 800 SI (400)	Rest day.	4 miles.	Rest day.	10K race.
Long distance run at a		2x 300 SI (200)		Long distance run at	a	Long distance run at a
conversational pace.		2x 200 SI (200)		conversational pace.		conversational pace.
		2x 1200PI				
				4x 100M strides.		

Notes:



Week 1 Week 2 Week 3 Week 6 Week 7 Week4 Week 5 Week 8

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
11-12 miles. Long distance run at a conversational pace.	Rest day.	2x 1200 CI (600) 4x 100 SI (200) 4x 200 SI (100)	4 miles. Long distance run at a conversational pace.	4 miles PI (800) 1x 800 CI (400) 2 miles PI	Rest day.	6 miles. Long distance run at a conversational pace.

Notes:	



Week 1 Week 2 Week 3 Week 7 Week 8 Week4 Week 5 Week 6

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
6 miles.	Rest day.	2x 1200 CI (600)	4 miles.	4 miles PI (800)	Rest day.	6 miles.
Long distance run at a	a	4x 100 SI (200)	Long distance run at a	1x 800 CI (400)		Long distance run at a
conversational pace.		4x 200 SI (100)	conversational pace.	2 miles PI		conversational pace.

Notes:		



Taper - Optional 1

Taper



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Rest day.	4x 400 CI (200)	2 miles PI	2x 300Cl (200)	Rest day.	3 miles.	Run your race!
	2x 200 SI (100)	4x 100M strides	1x 200 SI		Long distance run at a	
					conversational pace.	

Notes:		